

# MILITARY & VETERANS SECTOR UPDATE

CORONAVIRUS  
DISEASE 2019 (COVID-19)

FRIDAY, JANUARY 29, 2020



*Thank you to everyone who was able to join us for this week's telebriefing for military, veterans, and their families!*

## **TELEBRIEFING SCHEDULE UPDATE:**

***Our telebriefings will now take place every second and fourth Thursday of the month.***

Make sure you join us Thursday, February 11<sup>th</sup> from 10 - 11 AM for another online forum and Q&A. To submit your questions in advance, [click here](#).

**Special Thanks to our January 28<sup>th</sup> Telebriefing Guest:**



**Lori Boody**  
Executive Director  
Veterans Association of North County

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## County Resources for Military & Veterans



Visit our [County site for Military/Veterans/Families and Serving Organizations](#)

General COVID-19 Frequently Asked Questions – [Click here](#)

Military and Veterans-Specific Frequently Asked Questions – [Click here](#)

Benefit Information & Assistance and Other Professional Services for Military Veterans and Dependents – [Click here](#)

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## In Case You Missed It...



**Veterans Association of North County (VANC)** is a non-profit organization created and operated by veterans as a one-stop resource center for all active-duty military, veterans, and their families. Their mission aims to centralize services from diverse agencies to assist with jobs, education, finances, health, and wellness. VANC provides a vibrant gathering place in North San Diego County,

where all veterans, active-duty military, and their loved ones can reach out for help and community. They engage and inform local veteran's organizations, service providers, and individuals to help them work together. VANC provides free coaching, mentoring, and training for active duty and military veterans, including culinary prep cooking classes, cybersecurity certification preparation, and military transition services. To become a member or volunteer for VANC, contact Lori Boody at [lori@vanc.me](mailto:lori@vanc.me). To learn more about VANC and their services, [click here](#).

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## SDSU's HAVEN Study for Women Veteran's

San Diego State University is currently looking for volunteers for a study about health and healthcare experiences of female veterans. Eligible participants will complete an anonymous online survey (15-20 minutes). Select participants will be invited to complete a phone interview (20-30 minutes). Survey participants will earn a \$25 gift card, and interview participants will earn a \$40 gift card.

You are eligible to participate if you are:

- A female veteran
- Not currently in active duty status



For questions or concerns about the HAVEN Study, please e-mail [jldye@sdsu.edu](mailto:jldye@sdsu.edu). To participate in the survey, [click here](#) or scan the QR code.

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## Events and Announcements

**Courage to Call** is hosting a drive-thru feeding and diaper distribution event at 10 a.m. on Saturday, Feb. 13 at 9445 Farnham St., San Diego, 92123. Food is distributed on a first come, first serve basis. No RSVP Required, but please bring your Military/Veteran ID.

**SDVC Monthly Meeting** active duty military, veteran's and their families are invited to attend the San Diego Veteran's Coalition's next monthly meeting at 8:30 a.m. on Friday, Feb 5. For details, visit [sdvetscoalition.org](http://sdvetscoalition.org).

**Wellness Wednesday** is a virtual event hosted by Courage to Call to teach military members, veterans, and their families about wellness topics and helpful resources every Wednesday at 4:00 p.m. To participate in Wellness Wednesday, visit the [Courage to Call Facebook page](#) and join through Facebook Live.

**North County Veterans Stand Down** is a four-day event that enables homeless veterans to receive much-needed services in a safe, friendly, drug-free and secure environment. It will be held at Green Oak Ranch at 1237 Green Oak Road, Vista, CA 92081 from Thursday, April 14 through Sunday, April 18. For details, visit [NCStandDown.org](http://NCStandDown.org).

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## County Launches New Vaccination Appointment Map

To make it easier for San Diegans to make an appointment to get vaccinated against the novel coronavirus, the County launched a new interactive map showing all the vaccination sites. The new map allows users to pick a location and connects them to the appointment system for that site.

Starting Jan. 31, a new COVID-19 vaccination super station will be up and running on the California State University San Marcos campus. The new pedestrian site will be vaccinating people, with appointments, from 9:30 a.m. to 3:30 p.m. Sunday through Thursday. It will offer 250 to 1,000 doses daily depending on vaccine availability but can ramp up to vaccinate 5,000 people daily when more vaccines are available.

All County clinics are vaccinating people in Phase 1A and people 65 years and older in Phase 1B and require appointments. People 75 and older who don't have access to a computer or Internet can call 2-1-1 for assistance in scheduling an appointment.

To read the full *County News Center* story, [click here](#). To learn more about the phased approach for COVID-19 vaccines, [click here](#). To make an appointment for a COVID-19 vaccine, [click here](#).

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## FAQ's: Remember to Get Your Flu Shots!

It is possible to get the flu and COVID-19 at the same time. Common symptoms of both the flu and COVID-19 are fever, cough, difficulty breathing, fatigue, body aches, runny nose, headache, and sore throat.

### Q: Why should I get the flu shot?

A: It reduces the chances of getting the flu or severity of complications. There is a well-documented risk of flu in vulnerable populations: residents and employees at long-term care facilities, elderly, and those with underlying conditions. The CDC recommends everyone over the age of 2 get an annual flu vaccine.

Scan this QR code with your phone:



### Q: Does the flu shot protect me if I was exposed to COVID-19?

A: Higher seasonal flu vaccination rates in the elderly (65+) are correlated with fewer deaths from COVID-19. In addition to getting the flu shot, following physical distancing guidelines and wearing a facemask can help reduce exposure to COVID-19 and the seasonal flu.

### Q: Where can I get my flu shot?

A: Use the [VA Facility Locator](#) to find information on hours and locations for your local VAMC and find an in-network retail pharmacy or urgent care facility.

To read more FAQ's about flu shots, [click here](#). To learn more about the 2020-21 flu season, [click here](#). Scan the QR code to find a flu shot location near you!

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## CA Notify: California's Exposure Notification System

CA Notify is a completely voluntary and secure tool to notify people if they've been exposed to someone with COVID-19.

**Here's how it works:**



- CA Notify uses Bluetooth technology to exchange random codes with the phones of others who have also opted in.
- You will receive an anonymous alert only if you were in close contact with another CA Notify user who tests positive for COVID-19.
- You can choose to send an anonymous alert to other CA Notify users if you test positive for COVID-19.
- Your privacy is protected. Your identity is not known and your location is not tracked.

#### **How to opt in:**

- iPhone users can enable Exposure Notifications directly from Settings:
  - Step 1: Open the Settings app
  - Step 2: Scroll to Exposure Notifications
  - Step 3: Turn on and select United States and California
- Android users can download CA Notify through the Google Play store and follow the prompts to activate.

To learn more about CA Notify, [click here](#). For help activating your phone, call (888) 421-9457 or [click here](#).

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## **Small Business Stimulus Grants for San Diego County—Application Open**

The Small Business Stimulus Grant Program is funded by Board of Supervisors allocated federal CARES Act funding. The grant funding provides economic assistance to help businesses and nonprofit entities impacted by COVID-19. Financial assistance will be allocated to eligible, qualified small businesses with final award recommendations made by individual district offices based on the availability of funds, program guidelines, and the submission of all required information and supporting documentation. To learn more or apply for the Small Business Stimulus Grant, [click here](#).

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## **Mental Health Resources**

**Courage To Call.** Every day, current and former service members and their families deal with the complex maze of issues that accompanies military life. Often times the most difficult problem is not knowing where to turn when you need help. Courage to Call is a free, confidential, veteran-staffed, 24/7 helpline dedicated to assisting active duty military personnel, veterans, reservists, guard members, and their families, regardless of discharge status. For more information or to chat with a veteran, visit [www.courage2call.org](http://www.courage2call.org), or call 1-877-698-7838, or 2-1-1.

**The County's Access and Crisis Line (ACL)** is confidential, toll-free, and available 24/7. If you or someone you care about is experiencing a suicidal or mental health crisis, please call 1-888-724-7240.

**VA Veteran Suicide Prevention and Crisis Line**, 1-800-273-8255 and Press 1 to talk to someone, or Send a text message to 838255 to connect with a VA responder.  
**The National Suicide Prevention Lifeline**, 1-800-273-8255, provides 24/7, free and confidential support for people in distress, and prevention and crisis resources for you or your loved ones.

More resources to help you manage mental health and cope during the COVID-19 pandemic can be found [here](#).



**Additional County of San Diego COVID-19 telebriefings are available throughout the week (via Zoom) for a variety of community sectors.** For information, updates, and Q&A with other sectors, view the full telebriefing schedule [here](#).

## COVID-19 Resources



To request English or Spanish posters for your installation, please e-mail [COVID-Military-Veterans@sdcounty.ca.gov](mailto:COVID-Military-Veterans@sdcounty.ca.gov) with your contact information, drop-off location, and delivery instructions. A member of our Outreach & Education Team will contact you to coordinate delivery and obtain any additional details (if necessary).

Additional resources and materials are available [here](#) for your use.

## Continue to Stay Informed



[County Coronavirus Website](#)



[Resources for Military, Veteran's & their Families](#)



[Resources & Materials](#)



[Testing Information](#)

